

> 16 Hoop dreams



> 18 Free fireworks



> 24 Dine at Dane's



the new ham mag

Issue 286 // 25 October – 8 November 2013



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curtain of
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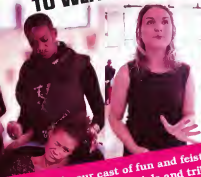
Every Child a Theatre Goer launched (p8)

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out tickets**

Book 4 tickets
and get a
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bottle of wine.

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stalls and dress circle.
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Get ready for our last big community event of the year – Guy Fawkes Night. This year we have a stunning display taking place at Woodside Park on Sunday 3 November. As usual, it will be free and I think it will be amongst the very best fireworks displays in London. (p18)

Halloween may be upon us but remember, you don't have your pumpkin pie and eat it to sign up for some sports at UEL's SportsBook (p20). You might even find that you've got skills like Joe Muscatello – find out how the Newham Peasleat Trust helped him to get one step closer to bagging a top sports scholarship. (p16)

Cllr Lester Hudson

Deputy Mayor and executive member for Revenue, property and support services

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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IN BRIEF //

Occupational therapy

A series of information workshops to celebrate Occupational Therapy Week will be held from Monday 4 to Thursday 8 November, from 11am-1pm at the Resource Centre, 200 Chargeable Lane, Plaistow, E13. For more information email IEDA@newham.gov.uk

Get your jabs

An NHS seasonal flu vaccination is being offered across Newham, as part of a pioneering London-wide scheme. The initiative plans to make it easier for patients and residents who are at most risk to get vaccinated. The service is free and available at selected pharmacies. For more details visit www.myhealth.london.nhs.uk

No more booze for off licence

A shop that sold duty-evaded fags and booze has been stripped of its licence to sell alcohol.

Newham Council's Licensing Sub-committee made the decision after Andreku, Barking Road, E15, was found selling 14 litres of unlabelled duty-evaded wine, two bottles of spirits, 13 bottles of brandy and 1,720 duty evaded cigarettes. It was the third time in a year that the shop had been caught selling duty-evaded goods.

Glocks go back

To mark the end of British Summer Time, don't forget to turn your clocks back by one hour on Sunday 27 October.

>>> Newham Council launches autism strategy



Newham Council has set out a new strategy to help adults with autism.

The strategy has been developed in partnership with people with autism, the Newham Clinical Commissioning Group, voluntary organisations and the National Autistic Society (Newham Branch). It aims to increase awareness of issues around autism, improve access to services for adults with autism and support them into employment.

Newham residents have played a pivotal role in shaping the strategy by sharing their views.

The strategy was launched earlier this month at St Mark's Community Centre in Becontree.

Councillor Neil Wilson, executive member for equality and social inclusion, said: "We want to ensure that a good level of advice and support is available for adults with autism, their families and carers in Newham. This strategy represents a major step forward."

Home is where the art is

Newham Council has secured a permanent home for the world's first 'art circus' for children.

Councillors approved an application, by Cathedral (Moss) Ltd, to demolish warehouse buildings at the former Goswell Balcones and Moss Electrical in Canning Town, and build a mixed-use development, ranging in height from one to 16 storeys.

The application included a total of £4m pledged to Newham Council for off-site affordable housing and a unit in the proposed new development has been set aside for the House of Fairy Tales, a 'circus hub' currently based at one of the warehouses.

Councillor Conor McAuley, executive member for regeneration and strategic planning, said: "This is a double win for us. Not only are we helping secure a new home for a fantastic children's arts charity, but we are also getting £4m towards much-needed affordable housing in the borough."



News

Ship ahoy! Stunning new hotel yacht for Royal Docks

Newham Council has given approval for a stunning yacht hotel in the Royal Docks, providing up to 80 full-time jobs through Workplace, the council's job brokerage service.

The 120-metre Sunborn Princess, which will feature an outdoor Jacuzzi, bar and sun lounge on one of the decks, will be moored west of ExCel.

Councillor Donor McAulay, executive member for regeneration and strategic planning, said: "London is moving eastwards and the Royal Docks offer an investment opportunity in scale unmatched anywhere in Europe. This exciting development is just one part of their revival."



Residents invited to Remembrance Sunday

Residents are invited to join Newham Council on Remembrance Sunday, 10 November, to honour those who gave their lives to protect the country.

Mayor Sir Robin Wales, will be attending a service at East Ham Cenotaph, Central Park, High Street South, E5. Members from the Royal British Legion will parade from High Street South to Central Park where a ceremony is scheduled to take place at the Cenotaph at 10.55am.

Councillor Anwarj Singh, chair of the council, will be attending a service by Reverend Stannett Kirby at All Saints West Ham Parish Church, Church Street, E15. The service will commence at 10.40am.

Deputy Mayor, Councillor Lester Hudson will be attending a service taking place at St Mark's Memorial Factory Road, which is in the grounds of Brick Lane Music Hall, E16. The ceremony starts at 10.55am.

Members from the Royal British Legion will parade from the Royal British Legion Branch in Constance Street to Factory Road, E16, from 10.20am.

Deputy chair of the council, Councillor Bryon Collier will be attending a service led by Reverend Enoka Ekeonye at St Luke's Memorial, Taring Road, E16. The service will be commencing from 10.30am.

Sir Robin said: "Remembrance Sunday is a day to reflect on the men and women who put their lives at risk to fight for their country and died for the freedom of others."



Newham's Every Child Programme takes to the stage

I'm committed to supporting our young people to realise their aspirations and achieve their potential. Our youngsters deserve the same opportunities as those enjoyed by children in London's wealthier boroughs, opportunities that can help build confidence, increase self-motivation and encourage a healthier lifestyle.

"Our youngsters deserve the same opportunities as those enjoyed by children in London's wealthier boroughs"

That's why Newham's Every Child programme is so important – it helps our young people to experience a range of cultural activities that support and enrich their studies. We work closely with schools to give pupils these opportunities and provide Newham students a rich educational experience which will stand them in good stead for years to come.

Our groundbreaking Every Child a Musician (ECaM) programme, which began in 2007, provides up to 10,000 children with three years of free weekly music lessons and a musical instrument which they get to keep.

The Every Child a Sportsperson programme now gives every Year 7

child in Newham, approximately 4,500 pupils, the opportunity to try a sport, including boxing, rugby, volleyball, rowing and hockey.

Our latest initiative is Every Child a Theatre Goer Working with Stratford Circus, the Theatre Royal Stratford East (TRSE) and Shakespeare's Globe Theatre, we will give nearly 15,000 children the chance to attend a theatre production for free.

I joined teachers, pupils, theatre staff, and Newham's Young Mayor, Raboosh Dixie for the recent launch event at Stratford Circus. This month more than 3,000 Year 8 pupils are seeing Michael Rosen's *Catstail Healed Knickers*, a play based on a collection of poems about the wild and wonderful world of science.

We were welcomed by a great

performance from a group of ECaM pupils, and I spoke to children from Maryland Primary School who had just seen the play, and really enjoyed themselves.

Secondary school pupils in Years 7 and 8 will get the chance to go to TRSE and see pantomime Christmas favourites *Jack Whittington* or *Oh What A Lovely War*, a satirical musical about World War I, which is a comment against war in general and remains hugely relevant today.

Pupils from Year 9 and 10 will get the opportunity to see *The Merchant of Venice* at Shakespeare's Globe Theatre, a thrilling full-scale performance, designed specifically for secondary pupils studying for Key Stages 3 and 4. I visited the Globe Theatre this



Mayor's view





month to discuss the scheme and I am very pleased that they are supporting this scheme. The venue will give students the chance to experience theatre as it was in Shakespeare's time, providing invaluable historical insight.

As well as giving pupils the chance to experience the magic of the theatre, their education is further supported with resources such as post-show question and answer sessions, web resources giving insight in the staging of plays and the opportunity to share their ideas about the productions. I am sure that all the pupils attending will be inspired and I hope the experience encourages pupils to explore further opportunities in performing arts, stage craft and other creative industries.

I'm proud that Newham Council is funding this initiative. Despite savage government cuts, our schools are working with such great institutions to give our young people the chance to experience world-class theatre, and really fire up their imaginations.

Seven in a row for Newham Swords

I was delighted to be invited to the University of East London's SportsDock to present special trophies to the Newham Swords London Youth Games fencing team to celebrate them winning an unprecedented seven London Youth Games titles in a row.

It was an inspiration to meet the young people who had achieved this and it's a testament to the hard work and commitment of Linda Strachan, the Newham Swords fencing coach and club manager.

No other team in a London borough has achieved this and they certainly did Newham proud. Winning this title must have been an amazing moment for all of them and here's to the number eight next year!

The London Youth Games is the largest youth sporting event in Europe, with more than 10,000 participants aged under 17 representing their boroughs in more than 40 competitions throughout the year. Teams are formed from schools, clubs and open trials and seasons.

This year's London Youth Games starts with the cross country run on Saturday 16 November, followed by indoor cricket in February.

If anyone would like more information on how they can get involved, whether it is competing or volunteering, more information on the games can be found on their website.

www.londonyouthgames.org



with Sir Robin Wales

Much ado about something

When it comes to future careers, young people in our borough are being spoilt for choice. Newham's Every Child programme already provides unique learning opportunities including reading, music and sport. This has now been expanded to encourage future thespians to tread the boards and immerse themselves in the no-holds 'bard', creative world of theatre.



Every Child's Theatre Goer is about more than giving children access to world class theatre productions. The innovative new programme is helping thousands of young people take a front seat and open their eyes to the world of arts.

As part of Mayor Sir Robin Wills' commitment to our youngest residents, almost 15,000 school pupils will be given access to free theatre performances. Newham has partnered with the world-renowned Shakespeare's Globe Theatre, iconic Theatre Royal Stratford East (TRSE) and cutting-edge Stratford Cielos.

The programme is being offered to both Newham primary and secondary schools.

The secondary offer

Pupils in Years 7 to 10 will have the chance to go to TRSE and Shakespeare's Globe Theatre.

Depending on their age, this school year at TRSE they will see either pantomime *Dick Whittington* or *Oh What a Lovely War*, a satirical musical which is returning to TRSE to mark the 100th anniversary of World War I.

Abandoning the theatre in this way can support many areas of young people's learning in school, including developing critical thinking and connecting and interpreting ideas. Pupils will also be invited to write a review of the play for the Young Theatre Critic competition.

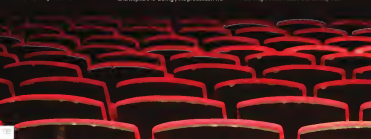
At the Globe, the acclaimed *Playing Shakespeare* series will stage a thrilling 100-minute, full-scale performance of *The Merchant of Venice* designed specifically for pupils working toward their GCSE exams or studies. Shaking down the myth that Shakespeare is 'boring', this production will



challenge our young people to think and to analyse the impact of the decisions people make on their own and others' lives, promoting moral and social development at the same time as learning in English literature.

The primary offer

Every Year 5 child will see a special educational performance that supports their literacy development and complements their curriculum. They will be introduced to the magic of the theatre and develop their



potential for learning. Every year there will be a four-week run of a show at Stratford Circus where more than 3,000 children will get the chance to unleash their imagination.

Mayor Sir Robin Wales said: "Through Newham's Every Child A Theatre Goer programme, we want to feed up the imagination of our young people, stimulate their curiosity and ignite artistic impulses while complementing more traditional learning opportunities."

Mayland Primary School, E15, became one of the first schools to take part in the programme when they visited Stratford Circus, Theatre Square, E15, to enjoy *Centrally Heated Knickers*, a show based on the book by renowned children's poet Michael Rosen.



This is what our mini critics, all aged nine, had to say about Michael Rosen's Centrally Heated Knickers



Neomi

I loved the music, it was funky. I could watch it again. I liked it when the words matched the music. I've learned that you can be whatever you want when you grow up.



Nereesh

I enjoyed the whole thing. The thing I have learned most is never to let anyone stop your imagination and just be free.



Eden

I really like poems so the play was really interesting. It's inspired me to become a poet myself.



Kairah Leanne

I really enjoyed when they used a name and made it into music. Poems don't have to be serious, they can be fun, and science can be really interesting.



Nephthali

There were parts I didn't expect. I learned that you can imagine anything and no one can stop you from achieving your dream.

Find out more about Newham's Every Child programme by visiting www.newham.gov.uk/everychild



An early start for two year olds

If you're on a low income or in receipt of certain benefits and have a two year old child he/she could get up to 15 hours of free early education per week.

Around 20 per cent of two year olds in Newham could benefit from this opportunity which can make a real difference to the personal, social and emotional development of a child, as mum Shantel Charley discovered.

André, Shantel's son, has cerebral palsy. Looking after a child with additional needs can be challenging, so when Shantel learned about free early education for two year olds she was keen to find out more. Shantel said: "I discovered that Ronald Openhouse Nursery in Stratford, where André goes, has both able-bodied and disabled kids. I think this makes it the best nursery for his needs. It gives him the best of both worlds."

Shantel had a range of options available to her. As well as traditional nurseries, provision is offered in daycares,

pre-school and in some schools, as well as via approved childminders.

Last year André began attending nursery three hours a day, Monday to Friday. With André at nursery Shantel has been able to go back to college and is studying for a childcare qualification.

Shantel believes that going to nursery has really helped André. She said: "Now he can see that it is not only mummy that communicates with other people. He can see that everybody does it. He has also learned to communicate with men, which he never used to do. Even just the fact that he's got kids here to play with, it just brightens up his day. It makes a big difference in both of our lives and I'm happy to see him progressing in so many ways."

Your child could be eligible for early

years education if you receive:

- > Child Tax Credit
- > Income Support
- > Income based Jobseekers Allowance
- > Income related Employment and Support Allowance
- > support under part VI of the Immigration and Asylum Act 1999
- > the guarantee element of state Pension Credit.

Households that receive Working Tax Credit are currently not eligible.

To find out if you are eligible call 020 25373 0880 or email twoyearold.childcare@newham.gov.uk with your name, date of birth and National Insurance Number. For more information visit www.newham.gov.uk/twoyearoldchildcare

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www.capel.ac.uk



LANTRA



SCHOOL ATTENDANCE MATTERS

Good school attendance leads to good results for our children, both at school and in later life.

Research has shown that school attendance matters because it is linked to positive school behaviour, participation in extracurricular activities, higher grades and good life prospects.

Newham Council has introduced fines for missing school because school attendance is at the heart of a good education.

Pupils with high attendance are more than four times more likely to achieve five or more GCSEs than those who are frequently absent. Children who are regularly absent are more than eight times more likely to end up unemployed than high attenders.

Put simply, the more time you spend in school, the better you do.

Excuses, excuses

The most common reasons that children miss school are:

- illness
- family holidays
- medical appointments.

Often these absences are with the parent's consent, so there is a lot that parents can do to help reduce them.

Proper parenting

As a parent, it is important to know the difference between a minor ailment and an illness that warrants a day off. If you are unsure about how ill your child really is, take him/her

to school and explain the situation. If your child becomes too ill to be at school the school will contact you. Always try to book medical and dental appointments after school.

Parents should not book holidays during school term time. If children take a two-week holiday during term-time each year, coupled with sick days and appointments, by the time they are 16 they will have missed a whole year of school.

And don't think that because they are young it doesn't matter. Missing primary school is as important as missing secondary school. Children who are regularly absent fall behind and cannot catch up. There is also a risk that younger pupils can fall into a pattern of absence that increases over time.

Newham Council, alongside Newham schools, are doing their bit to ensure that our schools provide as many marvellous opportunities for Newham children and young people as possible. These include free school meals for all Newham primary school children, as well as groundbreaking initiatives such as Newham's Every Child programme which offers free music tuition and supports children's reading.

Fines for parents

As a parent, if you don't take school attendance seriously, neither will your child. This is why we are giving you a very strong reason to care. If your

child is absent you can now be fined up to £120 per parent, per child. This means that if two parents take two children on holiday during term, they could be fined £480. Failure to pay could lead to prosecution and fines of up to £2,500 or imprisonment.

Five top tips for good attendance

- 1. Daily preparation** – give your child enough time to get ready in the morning by preparing lunches, packing school bags and laying out clothing the night before.
- 2. Illness** – only allow your child to stay home if they have a contagious illness or is too sick to attend. If you are unsure contact your school for advice.
- 3. Book appointments outside school hours** – wherever possible arrange your child's medical, dental and other appointments after school hours.
- 4. Know your school's rules** – make sure that you follow their guidelines for reporting absences in a timely manner.
- 5. Plan your holidays during the school holidays** – being in school is important to your child. Falling behind the rest of the class or failing tests can be upsetting for them.





HOW TO ENJOY SCHOOL TO THE ABSOLUTE MAX!

BY SAM THE ATTENDASAUROUS



GETTING TO SCHOOL ON TIME



SAM WANTS TO MAKE SURE HE GETS TO SCHOOL IN GOOD TIME, SO HE PACKS HIS BAG THE NIGHT BEFORE AND SETS HIS ALARM.

SAM GETS UP AS SOON AS THE ALARM GOES OFF SO THAT HE CAN HAVE BREAKFAST BEFORE HE GOES TO SCHOOL.



DOING MY BEST AT SCHOOL



SAM WANTS TO GET GOOD MARKS SO HE GOES TO SCHOOL EVERY DAY TO MAKE SURE HE CAN LEARN AS MUCH AS HE CAN.

ENJOYING TIME WITH MY SCHOOL FRIENDS



SAM LIKES TO GO TO SCHOOL TO SEE HIS FRIENDS.

IF SOMEONE IS MEAN TO SAM HIS FRIENDS MAKE HIM FEEL BETTER AND WILL ALWAYS TELL HIS TEACHER BECAUSE SHE KNOWS WHAT TO DO.



DON'T DUMP ON YOUR OWN DOORSTEP

You tell us you're fed up of messy, dirty front gardens, so from November we will take immediate action against anyone leaving rubbish in the front of their house. Before putting anything out make sure you have booked a free bulky waste collection, or it could end up costing you.

We want to make Newham a place where people choose to live and take pride in their homes and neighbourhoods.

For years we have been warning people about leaving rubbish in their front gardens, but in spite of the fact that we will take bulky waste away for free, people still choose to dump rubbish in their front gardens. In the last two years we have handed out more than 10,000 enforcement notices for waste in front gardens.

From this November you must book your free bulky waste collection and have a valid reference number before you put rubbish anywhere in your front garden, other than in the bin. We are doing our bit by offering to collect your bulky waste for free and now you have to do your bit by

booking the collections and not leaving your rubbish to rot.

If our officers find any kind of waste in your front garden and you don't have a valid reference number for collection you will immediately lose your right to a free bulky waste collection for six weeks. If you make a mess in your front garden, it's your responsibility and we are not going to clean up after you. As well as looking unsightly, waste in front gardens can be hazardous and in the past has caused fires.

If you have not removed your rubbish within 28 days you will start receiving £60 fixed penalty notices and these will not stop coming until the rubbish is gone.

Our officers will also photograph the waste and if it should mysteriously turn up on

a street somewhere else you will be fined.

Non-payment of fixed penalty notices can lead to prosecution and a fine of up to £1,000.

For more information about what we collect, how to book a collection, or how to use the Jenkins Lane Re-use and Recycling Centre visit www.newham.gov.uk/bulkywaste

To book a free bulky waste collection or to report waste in front gardens visit www.newham.gov.uk/MyNewham or call 020 8450 2000.

HIGH HOPES

Dare to dream and with a little help from the Newham People's Trust it could come true. The fund set up to help those in most financial need is supporting residents to seize opportunities that may not ordinarily be available to them and improve their lives.





One of five siblings, 17 year old Joe Junior Mvuzo first got into basketball thanks to his brother, who was also a keen player. Joe started taking the sport seriously at secondary school and soon it was clear that he had a flair for the game.

Joe's dream has always been to play basketball professionally, but with the sport still developing in the UK there was only one place where he stood a chance of making it big in basketball. He said: "My coach told me about this tournament called Hoop Dreams. It's an American sports programme that develops the skills of British basketball players while giving them the opportunity to find out about related academic opportunities and scholarships." Joe was keen to try his hand at the annual tournament but there was one small problem – the cost of the trip.

Joe's mother passed away last year and while his father could partially support his trip to the US, Joe found himself £1,500 short of the £2,000 he needed.

Joe's coach told him about the Newham People's Trust. Joe said: "I'd never heard of it before but I applied for £1,000. I didn't think I'd get the full amount of £1,500 so I said I'd raise the additional £500 myself via sponsorship."

"I'm excited but I have to keep working hard because if I don't I won't get there."

Joe's application was successful and this summer he flew to Florida to change his life forever. Joe said: "I wanted to play at a higher level. Americans are faster, bigger and stronger players than us so I wanted to compete there. There are so many coaches watching so my chances of getting a scholarship were high."

Joe's talent did not go unnoticed and he left Florida with four offers from universities across America.

Joe is now studying hard to pass his SATs (American university entrance exams) as well as complete his BTCC National in Sports and a social science AS level. Joe said: "It felt good to get an offer. I'm excited but I have to keep working hard because if I don't I won't get there."

"This time next year I'd like to be in college and playing for a Division One team in America. I'd like to play basketball professionally, especially for my mum."

Could the Newham People's Trust help you?

There are two types of grant you can apply for:

relief – to ease suffering or help with recovery from illness. Applications are open to those in financial hardship, are sick, recovering from illness or disabled. The Trust cannot provide grants to assist where provision already exists.

education – for children and young people up to 25 years old. Applications are encouraged from people who need financial support to help them achieve or improve their academic goals or those who are recognised as gifted and talented and wish to develop their talent.

Applications can be made by an individual or on behalf of someone else. All applications must demonstrate how the fund will improve opportunities that may not have otherwise existed without financial help.

Other examples of where the Trust has helped:

An elderly resident was awarded funding to improve her domestic situation. 'Years of caring for her frail husband meant the resident had problems using her floor standing oven and found bending and lifting an issue, making it difficult to load herself and husband. The donation helped her to purchase an eye level oven which greatly improved her domestic situation.

A 17 year old resident with autism was awarded funding to help manage his disability. Money received went towards a running machine and a trampoline, both helpful ways for the resident to use up energy.

Apply today

If you're in financial need the Newham People's Trust could help. To find out more and apply visit www.newham.gov.uk/grants



Pumpkin heads and jumping jacks

Get ready to celebrate Guy Fawkes Night and Halloween. This year we have another fantastic fireworks display planned on Sunday 3 November. So whether you like ghouls and ghosts or flashes and bangs get ready for a great time.

Halloween on the night of 31 October has its origins in the ancient Celtic harvest festival of Samhain, a time when they believed the boundaries between the worlds of the living and the dead overlapped and the deceased could come back to life. Samhain was a fire festival and involved bonfires, masks and costumes, which were worn to ward off wandering ghosts. Nowadays the bonfire has been transferred to Bonfires or Guy Fawkes Night, but the masks are still used for 'trick or treating' on Halloween.

This year Newham Council, the police, local schools, trading standards and the Fire Brigade have teamed up to make sure that Halloween and Guy Fawkes Night are safe and enjoyable for everyone.

Trading standards and the police are carrying out test purchases at shops to make sure that fireworks are not sold

to anyone under the age of 18 and retailers have been advised not to sell flour and eggs to youngsters.

Additional patrols by Metropolitan Police and Newham enforcement officers will be taking place in the run up to and during the festival.

Everyone is asked to behave reasonably and show consideration to their neighbours, especially if they are elderly. While most people are not out to cause problems on purpose, it can be easy to get caught up in the high jinks and act without thinking.

It is an offence for anyone under the age of 18 to possess fireworks in public places. It is also illegal to set off fireworks between 11pm and 7am on any night other than Guy Fawkes Night or Bonfire which this year takes place on 3 November.

Whenever you're using fireworks, always follow the firework code.

- only buy fireworks marked with the British Standard Kitemark BS7114.
- keep fireworks in a closed box, and follow their instructions carefully.
- light fireworks at arms length using a taper and stand well back.
- never go back to a firework once it is lit.
- never throw fireworks. Never put fireworks in your pocket.
- respect your neighbours - don't let off fireworks late at night, on Guy Fawkes Night the cut off is midnight and for Bonfire it is 1am.
- take care with sparklers - never give them to children under five. Remember, even when they have gone out they are still hot.
- keep your pets indoors.

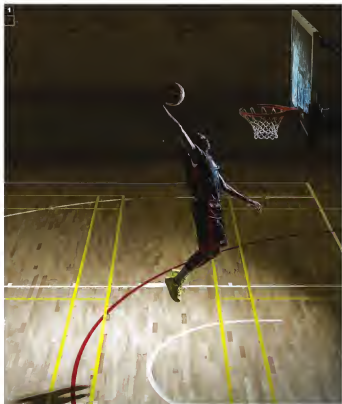
Guy Fawkes Night

This year Newham's FREE Guy Fawkes Night fireworks display is on Sunday 3 November, the same night as Bonfire. This year's display by Paris Fireworks, whose experience with gunpowder dates back to the time of Guy Fawkes, promises to be spectacular.

Each year on or around 5 November, Guy Fawkes is commemorated with fireworks and by burning a guy on a bonfire. On 5 November 1606, Guy Fawkes (1570-1606) was found guarding a cellar full of barrels of gunpowder under Parliament. He was arrested, tortured and four days later he signed a full confession admitting his intention to blow up Parliament and giving up the eight members of what came to be known as the Gunpowder Plot. He was executed by hanging, drawing and quartering and the parts of his body were taken to the four corners of Britain to serve as a warning.

Newham's Guy Fawkes Night is on Sunday 3 November at Winslade Plaza, Centre Road, E7. Gates open at 5.30pm and the display begins at 6.30pm. Entry is FREE.





Newham in pictures



1 Hoop dreams: Newham Peoples Trust resident Joe Junior Mussozo takes off for America 2 Here come the hopefuls: Find out who's the new Young Mayor: visit www.newham.gov.uk/youngmayor 3 Maryland Primary School: E15 celebrates getting their carnival masks 4 Whacky races at Plaxton Park, E13 5 Sign of the times: Newham's disability representatives at the Proud Center: E12

Don't turn
into a
pumpkin
- **get fit at
SportsDock**



It's officially autumn. There's a nip in the air and it's the ideal time to take up a new sport and get fit.



As the days get shorter and the temperatures drop, change is in the air. That's what makes autumn a great time for renewal and fresh starts. It's time to fine-tune your health by making one or two small changes that yield big results, so why not try a new sport or activity at University of East London's (UEL) SportsDock?

SportsDock is the brand new state-of-the-art £27m sports centre, at UEL's Docklands Campus. You don't have to be a student at UEL to use SportsDock. It is open to all, seven days a week, 365 days a year.

SportsDock has 11 all-weather fitness centres, an amazing strength and conditioning room and two outdoor 3G astro-surf two-a-side football pitches. It has two indoor tennis and a dance and aerobics studio to cater for everything from archery to Zumba.

And the autumn you can enjoy getting fit for next to nothing with these fantastic special offers.

Sports

Archery

Adult beginner sessions, £1, Mon and Tues 4-5pm and 6-6pm.

Badminton

Adult sessions, £1, Tues 8-9am, Weds 7-8pm, Thurs 1-3pm, Fri 8-9am.

Basketball

Adult session, £1, Fri 12noon-2pm.
Children's sessions £2,
Thurs 4-6pm, U13-U18s,
Thurs 6-10pm, U18 boys,
Fri 4-5.30pm, U13-U18s,
Fri 5.30-7pm, U13 & U18 boys.

Cricket

Adult session, £1, Tues 7-8pm.
Children's session, £3, Tues 4-5pm,
Age 9-11.

Dodgeball

Adult session, £1, Fri 4-5pm.

Fencing

Adult beginner session with Newham

Swords £30 for six-week course, Tues 7-8pm.
Children's session (4-7yrs), £30 for six-week course, Thurs 5-7pm.

Football

Adult beginner sessions, £1, Tues 4-5pm and Fri 4-5pm.

FREE Futsal

Adult session, Tues, Thurs 8-10pm.
Children's sessions, £3, 12-18yrs Thurs 4-6pm, 14-16yrs Thurs 5-6pm.

Handball

Adult beginner sessions, £25 per month, Mon 5-6pm.
Adult intermediate/advanced sessions, £25 per month, Mon 8-10pm.
Children's sessions (10-18yrs), £3, Fri 5-6pm.

Rounders

Adult sessions, £1, Weds 7-8pm.

Table tennis

Adult sessions, £1, Thurs 5.30-6.30pm.

Trampoline

Adult sessions, £1, Tues 2-3pm, 3-4pm, 4-5pm and 5-6pm.
Children's sessions (5-11yrs), £5, Tues 4-5pm and 5-6pm.
Children's sessions (10-18yrs) £3, Tues 4-5pm and 5-6pm.

Volleyball

Adult sessions, £1, Thurs 6-7pm.
Children's sessions, £1, Thurs 4-6pm.

Boxing

Adult beginner sessions, £1, Tues 6.30-8.30pm.

Shinju Karate

Adult beginner sessions, £8, Mon 7-8pm, Weds 7-8pm.
Adult intermediate/advanced sessions, £8, Mon 8-9pm, Weds 8-9pm.
Children's sessions (4-10yrs), £4, Mon 7-8pm, Weds 7-8pm.
Children's sessions (10-18yrs), £4, Mon 7-8pm, Weds 7-8pm.

Mixed Martial Arts (MMA)

Adult sessions, £1, Mon 6.30-8.30pm.

Health and fitness

Cardio tennis

Adult sessions, £1, Tues 12-1pm.

FREE circuit classes

Adult sessions, Mon 1.10-1.40pm, Weds 1.10-1.40pm.

Sports and physical activities for disabled people

Wheelchair basketball

Adult sessions, £1, Mon 5-6pm.

Women only

Volleyball

Women's session with Olympic, £25 per month, Weds 8-10pm.

Women only sport

Adult sessions, £1, Thurs 12-1pm.

SportsDock

University of East London
Docklands Campus
University Way
E16 2RD

DLR: Cypriot or Gallions Reach
Buses: 101, 173, 262, 300, 396,
376, 474 and N251

Free parking spaces are available for public users.

For telephone booking and enquiries call 020 8223 6666, email enquiries@sportsdock.co.uk or visit www.sportsdock.co.uk



Come dine with me

Whether you want a quiet drink or a coffee, or a celebration meal with friends, look no further than Dane's Yard Kitchen (DYK). This new concept in affordable yet fine dining serves mouth-watering dishes from brunch to dinner. Stratford resident and restaurant manager Giorgio Bellanca explains why a trip to DYK can give you a taste of something different.



DYK offers couture cuisine without designer dining prices. Its airy, rustic, high-ceilinged interior overlooks a tidy terrace sitting on original cobbled paving, shadowed by the Strand East Tower, a 40ft beacon that has become a landmark on Newham's changing skyline.

The history of the original building dates back to the 1800s when it formed part of a complex of buildings owned by the Dane Group, who manufactured printing ink. The 26-acre site is now owned by developers Landprop who, over the coming years, will create a new neighbourhood with a school, shops, and housing for 6,000 residents. DYK is the first arrival to the site.

How has the restaurant evolved?

DYK forms part of a big regeneration area called Strand East. Although there's talk planned for the larger site in coming years, we're starting with very little around us. We're building our reputation by offering internet deals. We thought why spend money on advertising when we could give that money to our diners as a discount off their food? And it's working. People love it, they have spread the word and we're a lot busier as a result.

What makes DYK different?

It's relaxing. You can come here for drinks or dinner and don't need to dress fancy. It's very good value and we try to make it feel like home. Our customers come here and they feel part of the community. We go the extra mile. We do weddings and we can seat 190. And we're the only restaurant in Stratford with a concourse terrace. It's a central London concept without the price tag.

How do you decide your menu?

We keep some popular, staple items like squid, mackerel pate, burger, fish and chips and pork belly, but our menu changes every season. The concept is British modern with a big Mediterranean influence. We serve specials Thursday to Sunday

so our regulars have a chance to try something different. Everything we serve is made here, from scratch.

Where are your ingredients sourced?

Our fruit and veg comes from Borough Market. We've bought our own herd of pigs and sheep they're being reared for us. We'll butcher them ourselves here and have butchery masterclasses for customers where they can make their own sausages. Because we're independent, we can do whatever we want to do with the business.

Our chefs go to River Cottage (cooking school) four times a year to do masterclasses. It's not about buying and using the most expensive cuts of meat but utilising all the different bits of the animal.

How did the tower come about?

Landprop wanted to put something on the site that would tell people in the rest of the area that something is happening here. Strand East Tower is a landmark, a symbol of change in this part of Stratford. It's not just Westfield and the Olympic Park. This part of Stratford is changing too and the tower is a symbol of that change as is this restaurant. It has 612 LEDs that glitter and do different things on different days, but most importantly they say come and see what's happening here.

MONEY OFF TO DINE AT DANE'S



Experience the delights

of DYK with 15 percent off your food bill when you show this voucher. Not valid on set menus and cannot be used with other offers. Valid Tuesday to Sunday except Friday night. Booking required. Offer ends 31 November. Find out more about DYK by visiting www.danesyorktohen.com or pop into the restaurant at 133 High Street, E15. Parking is available.

This November Newham Council is saying NO to rubbish in front gardens and litter on our streets. We are encouraging you to just say NO to litter and rubbish too. Let's make this November – just say NO-venber.

Newham Council is determined to keep the streets clean and will take tough action against anyone dropping litter or fly tipping in our community.

In the last few years we have made huge strides in making Newham a place where people choose to live, work and stay. Things have got a lot better and we don't want an Inconceivable law to drag us down.

No one wants to put up with other peoples' rubbish, if you see rubbish on the streets – report it. If you recognise any of the people pictured – report them. By doing this, we can all help keep Newham clean and tidy.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to taking crime and anti social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

If your street or neighbourhood is untidy, or if you find dumps, you don't have to put up with it. To get it cleared up report it online at www.newham.gov.uk/MyNewham



Ref: Gc130447



Ref: Gc130632



Ref: Gc130672



Ref: Gc130796



Ref: Gc130486



Ref: Gc130600



Ref: Gc130680



Ref: Gc130602



Ref: Gc130655



Ref: Gc130606



Ref: Gc130605



Ref: Gc130604



Ref: Gc130611



Ref: Gc130643



Ref: Gc130178



Ref: Gc130198



Ref: Gc130186



Ref: Gc130186



Ref: Gc130464



Ref: Gc130640



Ref: Gc130666



Ref: Gc130687



Ref: Gc130474



Ref: Gc130682

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA

Let's Get the Party Started

Holding a community event is the perfect way to bring people together and the council could support you with up to £250 funding – in exceptional cases it may be more – through our Let's Get the Party Started grants.

You can organise any type of celebration anywhere in the borough.

To find out more call **020 3373 6019**
or visit: www.newham.gov.uk/party



Free cycle training

Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability)

If you are interested in receiving free training please email cycle.training@newham.gov.uk or call **020 3031 6730**



Luck is what happens when preparation meets opportunity

The Aspers Good Causes Fund was set up by Newham Council and Aspers Casino to support community projects and has given away thousands of pounds to charities and community organisations.

Nine organisations received more than £100k this year. They include:

- **Fight For Peace**, who received £16k for a boxing, martial arts and personal development project
- **Groundwork London**, who received £16k to turn a derelict piece of land into a Ghandi Garden
- **East London Community Sports Association**, who received £4k to provide a range of rugby and sports coaching courses and referee development

- **Newham Super Choir**, who received almost £5k to expand their group, develop their website, run taster sessions for residents and deliver a number of public performances.

Royal Dock Learning and Activity Centre, received more than £5k for their Shop and Drop project. Representative Robin Muriel said: "This is an intergenerational project to help the over 60s get around. The money means that people who would be stuck at home, unable to do their weekly shopping because of all the Crossrail works, now can do their shopping. At the same time it helps break down barriers between the generations."

Quasha French from the Friends of

Abbey Gardens said: "Aspers fund will help us buy a composting toilet so that we won't have to hire a porta-loo. It will save us around £1,000 a year, and be a permanent asset for the future. We are also installing a stand pipe. I think the Good Causes Fund is a positive thing, especially for us as beneficiaries."

Mayor Sir Robin Wales said: "When the licence was awarded to Aspers for the casino two years ago, it was on the basis that they would also deliver a wide range of community benefits."

"Aspers have done just that, they've invested in Workplace, our employment services, to help our residents into work and have also employed more than 400 local people in the casino."



Donate your unwanted items

The Newham Clothing Exchange, a new project at the Jack Cornwell Centre, needs donations of clothing, toys, pushchairs, cots, books and safety equipment for children aged under ten. This is to start a 'library' where users are able to 'borrow' up to six items, until either the loaned items or alternative items are deposited.

As well as Clothing Exchange, the project will hold information days on subjects including healthy eating and are planning a Christmas toy sale to help families purchase good quality toys at a reasonable price.

The Newham Clothing Exchange launches on Wednesday 6 November and will take place every Wednesday from 9am-12noon at the Jack Cornwell Community Centre, Jack Cornwell Road, E12. Donations can be dropped off at the reception, labelled 'c/o The Newham Clothing Exchange'.



Win a copy of *The Butterfly Boy*

Renowned film-maker and University of East London lecturer Tony Klinger has just published his first novel *The Butterfly Boy*. It is a sweeping and inspiring story of a small boy, who through polio loses the use of his arms, yet conquers this to survive the trials and tribulations of Nazi Germany.

To be in with a chance of winning a copy of the book just answer: Who was the drummer of the legendary rock band that featured in Tony's film *The Kids are Alright*?

- a. John Bonham
- b. Keith Moon
- c. Dave Lombardo

Email your answer to newham.mag@newham.gov.uk or send it to Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2DU by Sunday 3 November





Home Theatre

Ten lucky Newham residents have been selected to host theatre in their homes and are taking part in a bold and exciting international project that will see 30 new, one-person shows performed in 30 homes across London on Saturday 26 October.

Residents applied to be part of the Theatre Royal Stratford East project, which is taking place in the UK for the first time, and has been developed with Brazilian partner Festival Internacional de Cenas em Casa. Each resident has been paired with an artist to develop a performance especially for them.

Tune in to see films of all the shows online at stratfordeast.tv on Saturday 6 November from 8am-11pm.

Hopping down in Kent

A researcher at the University of East London would like to hear from people who have experienced hop picking in farms around Tonbridge, Paddock Wood or Marden in Kent.

Or Toby Butler, senior lecturer in history at UEL, has been photographing ruins of hop pickers' huts in these areas and would like to record people's memories for an exhibition. If you would be willing to be interviewed – either at home or at the farm you worked at (travels expenses will be reimbursed) – call Toby Butler on 01732 366 670 or email t.butler@uel.ac.uk.

How good is your dog?

Come and see how clever your dog can be – running through tunnels and weaving through poles. Experts from The Dog's Trust will be on hand to give you free advice about looking after your dog. There will also be a free micro-chipping service.

The next dog agility session takes place on Wednesday 6 November, 11am-3pm, Star Park, Star Lane, E16. A session is also planned for West Ham Park, Upton Lane, E7 – for more information call 0944 414 2738.

Make a WISH come true

We intend to Save Humanity is the WISH of Usher Community School pupils who want your help to make a difference to the lives of orphans in Syria, Afghanistan and Palestine.

WISH is a student charity based around children helping children. By the end of this year, students at the Palslow school want to raise at least £3,000. To kick start their appeal, residents are being asked to donate their pennies to help the school attempt a Guinness World Record for the most cash in a penny picture. All sterling coins are welcome and all money will go towards the WISH appeal.

You can help by donating whatever change you can to Usher Community School, St Mary's Road, E13, from 4 to 29 November. Make your donation WISH.

For more information search for Wish.0312 on Facebook, follow @Wish_0312 on Twitter or email wish.0312@hotmail.com



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry.
We cannot return any entries.

GALLERY



Tajvish Matward, 7



Kristhya Bharamadhara, 6



Rhyan Krishna, 7



Haider Razzang, 10

WHAT'S ON?

25 OCT
- 8 NOV

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Giggle Gate – has laughs at Forest Tavern/clubhouse comedy night. Four comedians, one evening. 173 Forest Lane, E7. Thursday 31 October. Fun starts at 8.10pm.

2

Half term at Biscuiter – 10am-6pm: a full week of space-bello story events including Tor Freeman Tracey Cordery Halloween Special. Mag and Mag Day. Please book in advance by calling 020 8536 5555. Under two free. For full half term programme visit www.discover.org.uk.

3

Brook London Rattle Half Term Takeover – Sunday 3 November, 12noon-4pm: free, chat, competitions, music, dance performances and more, the Timber Lodge in the north of Queen Elizabeth Olympic Park.

MENTION THE MAG...

Mention the Mag to get standing tickets to **The Herbaliser** at Stratford Circus for £15 rather than £18 (limited to 20 tickets, on a first come, first served basis) at this exclusive London gig.

Former Magic Tunes artist, The Herbaliser will be performing slices of super heavy, psychedelic, 8-bit-led, post-bp-hop, undulating wobbly dub and manic funk that hits you on your people bones.

The gig takes place on Friday 6 December at 7.30pm. Tickets are £18 standing or £20 seated and seconds from the back only. Call 0844 357 2025 to redeem the offer.



TRY SOMETHING NEW... ART EXHIBITION

From Friday 8 until Friday 15 November Red Door Studios is hosting – Inukness – spearheaded by English People Award winner and local artist, Mariletha Tomella. Inukness is about the power of voice, and her feeling of belonging to Nookham, where she grew up. The exhibition uses the power of art to tell and share a story to connect with people.

It opens on Friday 8 November at 7pm (and is free to all ages). On Saturday 9, there is a free children's workshop. 12noon-3pm and on Sunday 10 a free music workshop at 1pm.

Inukness is open 11am-5pm on the weekends, 12noon-4pm on Monday, 12noon-3pm Thursday and 12noon-5pm on Friday 15 November. Red Door Studios, Maltham Road, near of 120 High Street South, East Ham, E6.



indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Mon, 6pm: Theatre Royal. Garry Refill. Sq. £15. Visit www.theatreroyal.com/comedy-night

COMMUNITY LEARNING

Knit & Natter

Adult group
Fri, 10am-12noon, Canning Town
Wed 10am-12noon: Beckton

Basic Numeracy (15+ yrs)

Mon-Thurs: 10am-5pm and
Fri, 10am-1pm, Jack Cornwell
Community Centre. Call 07943
857 612 or 07507 173 272

UNDER-FIVES LIBRARY ACTIVITIES

Imaginative Play

Fri, 11am-12noon, East Ham

Interactive Storytelling

Fri, 10-11.30am: East Ham

Toy Library

Tues: 10am-12noon,
East Ham

Storytelling

Mon 11am-12noon: Beckton
Globe: Canning Town, Stratford
Tues 11am-12noon, Custom
Houses, Forest Gate
Thurs 2-3pm: North Woolwich,
Plumtree
Fri 11am-12noon, Green St
Minor Pl, Stratford

Newmarket Club

Mon 4-6pm: Stratford East
Ham: North Woolwich
Wed: 3.30-5.30pm, Green
Street, Manor Pl.

Thurs: 4-6pm, Customs House
Forest Gate, Pleslow
Fri: 3.30-5.30pm, Backton
Canine, Xaver

OTHER LIBRARY ACTIVITIES

Adult reading group

Thurs 7 Nov, 7-8pm. This
month *Mrs Dalloway* by
Virginia Woolf, Pleslow

Over-50s Club

Thurs: 10am-12noon
Backton Close

Chase Club

Thurs: 5.30-7.30pm, Stratford

Employability Skills

ESOL class with a focus
on creating a CV and
communication skills for work
Mon: 12.30-2.30pm The Gate

EXTRA ACTIVITIES

Hub Art Classes

8-17 yrs: Tues 4.30-6pm
7-12 yrs: Thurs 4-6pm
Adults: Thurs 2-4pm
The Hub, Call 020 7474 5249

Royal Docks Learning & Activity Centre

Man Employment Support
sessions by appointment only
Tues 6pm, 7pm, 12noon, £1
Healthy Cooking Group,
10am-12noon £1
Parent and Toddler group, £1
10am-12noon
Over 50s computer classes
11am-1pm £1
Wade Coffee Morning, £1
9.30-11am
Learn to Earn - Employment
Support Drop-in 1-2pm
Sewing Classes, 10am-12noon, £1

English support for Work
12noon-1pm
Shop and drop (30+)
10, 15am

Thurs 3d/Chk, £2, first
session free, 10.30am-12noon
Learn to Earn, 11.30am-1pm
**Royal Docks Learning &
Activity Centre, Albert Rd, E16**
Call 020 7476 9822

Table Top Sale

Sell your goods £5 a table
Last Sat of every month 9am-
2pm Jack Conwell Community
Centre, Call 020 8552 3458

Turn up and trade

Free pictures for traders. Every
Sat, 9am-4pm, Rathbone
Minted, Barking Rd, E16 Email
gaines.donovan@newham.gov.uk
or call 07790 945 965

Grama Classes (8-11 yrs)

£3 if you book five classes
Every Tuesday 4-10am The
Hub, Call 020 7474 5276

Grama Workshops (11-15 yrs)

Weds, 10-11am, £3
Greenrocks, Memorial Pl, E15.
Call 020 7474 6376

SOUND AND SELF DEFENCE

Bowling

Mon: Wed: Fri: 5-6pm
West Ham Boys ABC 9+ yrs
The Black Lion, 59-61 High
St, E13 Call 020 8472 3574
Mon, Wed, 6-8pm
Peacock ABC, 8+ yrs,
Gordon St North, E16
Call 020 7511 3799
Mon, Wed, Fri: 6-7.45pm
Newham Boys ABC
6+ yrs, Old Bath House

141 Church St, E15
Call 020 8519 5963
Fight For Peace 17+
Woodman St, North Woolwich,
E16 Call 020 7474 0054

Gennibus Kids Classes

Adults and kids
Tues, 6-10pm
Thurs, 6pm-12pm
Sat and Sun, 11am-4pm
Tad TKO Bowling Gym, Oldham
House, Stephenson St, E16
Call 020 7474 3799

Punch Out (16+ yrs)

Tues 5-6pm Katherine Road
Community Centre 254
Katherine Rd, E7
Thurs, 8-9pm Backton
Community Centre, East Ham
Manor Way E8 Email
palscott@newham.gov.uk

Shoejitsu Karate

Fri, 6-7pm and 7-8.30pm
Sun, 10-11am Under 15s £4,
18+ yrs £5, cones £5
Wed (during term time only)
4.30-5.30pm
Newham Shogun Karate Club,
Newham Leisure Centre
Call 07508 070 638

Seaklands Karate Club

First session free Mon, 6.20-
8.20pm under 15s £4 16+
£5 cones £5 UEL Sports
Dock Call 07705 626 869

Tang Soo Do (8+ yrs)

Sat 1-2.30pm, 7.30-8.30pm
The Hub, E16 £5 - family
discount available
Call 07725 948 425 or email
ace_rail@btinternet.com

Map, Skip and

Punch (18+ yrs)

Tues 5-6pm Katherine Road
Community Centre
254 Katherine Rd, E7
Call 020 8548 2825

Omumu Taekwondo

Mon and Wed, children
6-7.30pm, juniors and adults
7.30-9.30pm Monage Primary
School, Holly Rd, E12
Call 07931 709 140

JPI Karate (8+ yrs)

For children and teens



Mon, 5-6.30pm Wed
5-6.30pm The Harley Centre
Call 07818 000 643

Kickboxing

Mon, Wed and Fri,
6.30-8.30pm Tad TKO
Bowling Gym, Stephenson St,
E16 Call 07944 873 927 or
email eastlondonkickboxing
@gmail.com

HEALTH AND FITNESS

Bootcamps

Glenrose Bootcamp
parent and child (7-12yrs)
Tues 6-7pm child's free

Indoor/outdoor

Britannia Village Hall,
65 Evelyn Rd, E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7-15-Sun,
Tues and Thurs, 7pm, Central
Park, High St South £8
Teens Boot Camp (10-15yrs)
Weds 5.30-6.30pm
Thomas Barber Park
Barrow Point, E16 Email
info@stephphysique.co.uk
or call 07994 62 5 409

Bootcamp (man only)

Thursdays, 7.00-8pm £5
Langdon School Sports
Centre, Sussex Rd, E8
Call 07818 000 643

Zumba classes

Thurs ~ 10-11.30pm London
Tamil Sangam 309 High St
North, E12, £5 Wed, 7-8pm,
Halfway Community Centre,
Halfway Green, E12
Call 07720 805 505

Yoga

Tues, 8-10.7.30pm
Fri, 10.30-11.30am,





50+ ACTIVITIES

LG&T Community Group 
Third Tues of each month,
4-6pm, Community Resource
Centre, 200 Chappell Ln
E13. Call 020 7239 0447

Newham Striders 
Daily walking group
Call 0844 414 2728

Beginners' Ballroom
Mon 10am-12noon, St Paul's
Church Centre, Burgess Rd, E5
£2-£5 per session
Call 07761 209 463

Gemini Square Dance Club
Mon, 8-10.30pm, Chendas
Community Centre, Colnacre
Rd, E15. £4 including tea and
biscuits. Call 020 8529 1652 or
email mbrs25@btinternet.com

Nordic Walking 
Wed, 9.30am, Meet at
Lord Lister Health Centre
Forest Gate, not suitable for
wheelchair. £2 Call 07760
660 435

Fr 6.30-8pm, Meet at
Newham Leisure Centre
Sun, 10-11.30am, Meet at East
Ham Leisure Centre

GREEN

Garden Club 
Tues 1-2pm, Thurs 4-5pm
Sat 10am-4pm, Abbey Gate
Bakers Row, E15

Gardening Thymes 
Gardening Club
Fr, 11am-1pm, Bowling
Green, Central Park, High St
South, E5

Dirty Hands Project
First Sat of each month 10am-
2pm, Wembley Grr (opposite
Preston Station) E13. Visit
www.dirtyhandsproject.org.uk or
call 07561 674 210

Friends of West Ham Park
Sat 2 Nov 12.30pm, help build
Newham's biggest leaf pile and
nature walk. 2pm, Build a dragon
West Ham Park, Upton Ln, E7.

DOORSTEP CLUBS

Gym & Basketball (14+ yrs)
Tues, 8-10pm, £2, Rokaby
School, Betsing Rd, E7S

Stunt & Tumble (14+ yrs)
Tues 7.30-8pm, £5
Talent Choir & Dance, Gallions
Reach, Armada Way, E2

FEMALE SPORTS

Call 0844 414 2728 unless
otherwise stated

Dance2Dance (12-18 yrs) 
Street dance, Fr, 3.30-5.30pm,
Newham Leisure Centre.

Girls Spinning Sessions 
(11-15 yrs)
Tues and Thurs, 5-5.30pm
Newham Leisure Centre

Female Only Gym Sessions
Tues and Thurs, 3.30-5pm-
11.15pm, Mon, 3-4pm, 16.25pm
Newham Leisure Centre.

Female Boxfit Classes
(14+ yrs)
Mon 4.15-5.15pm, Balaam
Leisure Centre, Call 07570 707 525

Girls Football (11-14 yrs) 
Tues, 3.30-5.30pm,
Newham Leisure Centre

**Shelia's Yummy
Mummy Buggy (14+ yrs)**
£5, Mon-10-11.30am
Central Park, High St South, E5
(meet outside cafe in the park)
Fr, 10-11.30am, Pashed Pk
Pashed Grove, E5
Call 07508 614 068 or email
spokent@bt.com

Janet's Fitness (16+ yrs)
Tues and Thurs 9.30-10.30am
Soca and Zumba, £5
St George and St Ethelbert
Church Hall, Bunford Rd, E5
Email info@janets.co.uk or
call 07818 000 543

**Zumba, Soca and
Salsa Fusion**
Mon, 8.45-7.45pm, £5
The Harley Centre
Call 07818 000 543

Senia's Circuits (16+ yrs)
Tues and Fr, 10-11am, £4
Riley Chosen Centre,
94 Upton Ln, E7
Call 07763 230 105

Body Blast (16+ yrs)
Tues 6.30-7.15pm, £5
Wed, 12.30-1.15pm, £5
Thurs, 12.30-1.15pm, £5
Fr (joinable), 6.30pm-7pm
£2.50, Fitness membership
£30 (entitles you to come to all
classes for whole month) Talent
Centre, Unit 27a, 3 Armada
Way, Gallions Reach Shopping
Fr, £5 Call 07865 612 610

Abs Blast (11-15 yrs) 
Thurs, 6.30-8pm,
£3.50, Newham Leisure Centre

Women United AFC (11+ yrs)
Mon (one time only) 6-7.15pm,
Kingsford School, E6, £1
Call 07792 920 979

Just Play (16+ yrs) 
Wed 6.30-8pm, multi-sport
session (one-time only),
NewVic, Call 0844 414 2728

Just Play (14-16 yrs) 
Wed 6.30-8pm, multi-sport
(one-time only), NewVic,
Call 0844 414 2728

Get Back into Netball
Tues, 5-7.30pm, juniors,
7.30-9pm, seniors, £2, Lester
Community School, St Mary's
Rd, E13, Call 07777 281 529

Women's Badminton
Fr, 1-2.30pm, East Ham
Leisure Centre, £2, equipment
provided, Call 07590 162505



£5-50 (£3-50 concess), The Hub
Wed, 6-4.45-7.45pm
The Unitarian Church,
West Ham Ln, E15
Call 07866 808 007 or visit
www.yocoma.co.uk

Gale 7 Yoga

Mon, 7pm, £5, Women only
yoga, Maryland Studios, 86
Leytonstone Rd, E15
Tues, 7pm, beginners yoga,
£5-8pm, Ashtanga yoga, £5
Forest Gate Methodist Church,
Woodgrange Rd, E7
Thurs 10am, £1-£2, Ladies only
Keep fit and yoga, Rokaby Hall,
Rokaby St, E15
Thurs, 6.30pm, £5, Play, Soca
and Groove, 6 Gay Rd, E15
Call 07960 844 095 or email
gale7yoga@gmail.com

Twisted Pink
Street Dance (7-14 yrs), Thurs,
5.30-6.30pm, Singing, Thurs,
6.45-7.45pm, Street Dance (75+
yrs), Fr, 6-7pm, All sessions £3
Winsky House, Herbert Rd, E12
Call 07534 513 307, visit
www.twistedpink.org.uk or email
twistedpink2004@aol.com

Zumba

Mon and Thurs, 8.30-7.30pm,
£3, Pleasure Community
Centre, 63 Queens Rd West,
E13, Call 07815 327 547

Zumba Fitness with Jess
Wed, 7-15-8pm, £3-50
Vicarage Lane Community
Centre, Gower Ct, E15
Call 07768 020 966

TENNIS

Indoor Tennis, Thurs, £3
10-11pm - 5.30pm, 16+ yrs -
6.30pm, The Hub, Newham
Leisure Centre, Call 020 3373
9009

Keep Fit – Stay Fit

Sat 10-11am £3.50
Jack Cornwell Community
Centre. Call 07795 064 116

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults

Sat 4.30-5.30pm Newham
Others Swimming Club,
Newham Leisure Centre
Call 07531 798 738
Sun, 12.30-3pm, Family Swims,
Baleham Leisure Centre, £5. Call
020 7476 5274

Swim for Families dealing with Autism

Wed, 4-5pm Baleham Leisure
Centre. Call 020 7476 5274

Get Fit for Free

Tues, 7.30-8.30pm and Fri,
10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre. To book an induction
call 020 7511 4477

Disabled Athletics (8-18yrs)

Tues, 4.15-5.15pm, Eltham
Minor Roman Rd, £5
Thurs, 4.30-5.55pm,
St Angela's Ursuline School,
St George's Rd, £7
(Email: croutie@
englandathletics.org)

Ability Club (11-25yrs)

Multi-sports for disabled young
people. Weds, 4-5pm, NewVic

Tamponing Sessions (U19s)

Tues 4.30-5.30pm U19yrs
Newham Leisure Centre.
Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed 10am-12noon, East Ham
Leisure Centre
Call 020 8548 5850

Wheelchair Basketball (11-19 yrs)

Wed 4-5pm, Rokeby School
Buckley Rd, £18
Call 07947 401 616

Sensory Play

For children under 5 with special
needs, speech and language
delay or physical disabilities.
Term time only. Fri 10-11.30am,
Oliver Thomas Children's
Centre, Mathews Ave, £5. Email
kathy.holden@oliverthomas
newham.sch.uk
Call 020 8821 0897

RUNNING

East End Road Runners

Tues and Thurs, 7pm
Sun, 8am. meet on the track,
coached sessions for
all abilities. Newham Leisure
Centre. Call 07531 261 647

Run England

All sessions are £2 unless stated
Sun, 10am-12noon, Newham
Leisure Centre, (meet on track)
Mon 4.5-5.30pm. Newham Leisure
Centre (meet on track)

5.45-6.45pm. Newham
Docklands, £18 (meet at reception)
Tues 6-7pm. Newham Leisure
Centre (meet on track)
Wed, 12noon-1pm, Newham
Docklands, £18 (meet at reception)
Thurs, free, 5.15-6.15pm. UEL,
Docklands Campus, £18
(meet at reception)

Sat, 10-11.30am, East Ham
Central Park, £8 (meet at the oak)
10-11.30am. Winstanley Plaza
£12 (meet at Harrow Rd
Changing Pavillion)
10-11.30am, Memorial Park,
£15, £4 (meet at car park)
Call 07718 394 574

Beckton Park Run

Sat, 8am, free
Beckton Park South, £18
Call 07718 394 756
www.parkrun.org/beckton

SPORTS

BMX

Sun 10am-12noon, 8-18yrs,
£10 members/£10 annual
membership. Goosey Playing
Fields, St Albans Ave, £8
Call 07561 333 615 or email
paul.fitting@bakersnewham.org.uk

Indoor Rounders (14+yrs)

Weds 7-8pm £1
UEL, SportsDock, £18
Call 020 3373 9000 or email
paul.fitting@bakersnewham.org.uk

Indoor Cricket (8-18yrs)

Weds, 5-8pm £2
Uxter Community School,
St Mary's Rd, £13, email
paul.fitting@bakersnewham.org.uk

Swimming (5-18yrs)

Newham Young Britons ABC
Sat 8.15-9pm £2. Newham
Leisure Centre
Call 07566 304 518

Woodside

Badminton Club
Fri 8-9.30pm. Intermediate
and club standard. £5
wired/£3 unwired
Carpenters Docklands Centre,
58 Gibbels Rd, £15
Call 07558 781 876

Newham Swords (4-7yrs)

Tues, 6.20-8pm
Thurs, 6.20-8.20pm
Fri 7.40-10.20pm
UEL, SportsDock
Call 07566 618 698

Table Tennis

Thurs, 6.30-8pm. Beginner
and intermediate adults
Stretford School, Upton Ln,
£15. Call 07878 577 716
or email grry.hane106
btinternet.com

Badminton

Thurs, 7.30pm. Term time only
£5 for a court and bring a
racket. Little Bird School,



Browning Rd, £12. Email
morgan_phill@hotmail.com
or call 07944 117 263

FOOTBALL

Mayor's Football League

U19yrs, U17yrs. Mon, 4.30-
6pm. U18yrs, U16yrs, 6-7pm.
Newham Leisure Centre

activeNewham Premier League (16+yrs)

6-a-side 11 sub 16
Weds 7-10pm. Newham
Leisure Centre. Wed
www.activeNewham.org.uk

WHU Kickz

Football. Mon, Tues, Fri, 10
15yrs, 4-5.30pm, 16-18yrs
5.30-7pm. Girls Mon, 4-7pm.
The Hub

Football/Gym Session. Thursday
6-7pm. Little Bird Learning
Zone, 1 Rectory Rd, £12

Football. Thurs, 5-6pm
Stretford MUGA
Football/MHubs. Sat
10.30am-12noon, Newham
Leisure Centre

Football & Multi Sports

Mon 5.30-7pm, 8-19yrs
Weds, 5.7pm, 8-19yrs,
Stretford Park MUGA,
West Ham Ln, £15

5-a-side Football

Weds 5.6-6.30pm 8-19yrs. Ford's
Park, Ford Park Rd, £15
Thurs, 5.30-7pm, 8-19yrs, Royal
Victoria Gardens, Pier Rd, £8
First Sat of the month 10am
1pm. U12s U14s U18yrs,
Preston Park, Preston Cr, £8

Football & Multi-Sports (8-19yrs)

Sat 2-3.30pm, 8-19yrs, Windsor





Newham All Star Sports Academy (NASSA)

Sessions are £7 unless indicated otherwise
Weds 4-20 Sep U13-14
 6-8pm U16-18
 8-10pm Senior Men
Thurs 4-20 Sep U13-14
 6-8pm U16-18
 8-10pm Senior Women, £2
Fri 4-20 Sep U13-14
 6-8pm U16-18
 8-10pm Senior Men Run: £2
Sat 10-20pm-12-20pm junior boys and girls, £8-14, £2
All sessions take place at UEL, Docklands Campus. Call 07703 523 985 or 07712 176 301
[Visit www.newham.gov.uk](http://www.newham.gov.uk)

National League

Mon 6-8pm U13-14s, Pokesby School, Barking Rd, E16
Tues 6-8pm U15-16s Pokesby School, Barking Rd, E16
Thurs 4-30-Sep, U13-14s girls, U14s girls, Newham Leisure Centre, Prince Regent Ln, E13
6-8pm U16s Newham Leisure Centre
6-8pm U18s, Cumberland School, Oban Cts, E13

Gifted and Talented

Fri 4-10-5-30pm Cumberland School, Oban Cts, E13

Senior Programme

Mon 7-30-9-30pm Division 2 Women and Division 3/4 Men Pokesby School, Canning Town, E16
 Call 07947 421 516

3v3 Basketball League

Thurs 6-7pm, 8-10s, Forest Gate Youth Centre, Woodford Rd, E7
Fri 7-8pm, 8-10s Little Bird Youth Zone, Rectory Rd, E12

3v3 Basketball Competition

2nd Set of the month, 10am-1pm, U12s/U14s/U16s, Little Bird Youth Club, Rectory Rd, E12

Basketball & Multi Sports

Fri 3-6-30pm 8-10s, Stowish MUGA, Stowish Rd, E12

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E8, unless specified.

29 Oct, 6pm, Licensing Sub-Committee, Council Chamber
30 Oct, 6pm, Licensing Sub-Committee, Council Chamber
5 Nov, 7pm, Health and Social Care Strategy Commission, Committee Room 1
 Regeneration and Employment Scrutiny Commission, Committee Room 2
7 Nov, 10am, Mayoral Proceedings, Council Chamber, Old Town Hall, Stratford E15

Visit www.newham.gov.uk/committee for updates.

CONTACT THE MAYOR

Walk-in surgeries
Sat 26 Oct, 10am, The Gate 4-20 Woodgrange Road, Forest Gate, E7
Thurs Nov 7, 11am, Stratford Local Service Centre, 112-118 The Grove, Stratford, E15

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham High St South E6 Green Street 337-341 Green St
The Gate 6-8 Woodgrange Rd, Forest Gate, E7
Manor Park 685-687 Lombard Rd, E12
North Woolwich 5 Pier Parade, E16
Pleslow North School E13
Stratford 3 The Grove, E15
Archives and Local Studies (enquiry postal and email service only) call: 020 3373 6581 email: archives@castle.kudoo@newham.gov.uk
Community Outreach

Services To find out more call 020 3373 0813

CENTRE CONTACTS

Balham Leisure Centre Balham St, E13
East Ham Leisure Centre 324 Barking Rd, E6
The Hartley Centre 267 Barking Rd, E6
The Hub 123 Star Ln, E16
Jack Cornwall Community Centre Jack Cornwall St, E12
Newham Leisure Centre 281 Prince Regent Ln, E13
New Vic Prince Regent Ln, E13
UEL Sports Dock Docklands Campus, University Way, E16

All listings may be subject to change, please contact individual events and activities before attending.

Hundreds of services – one website. Visit: www.newham.gov.uk

Call Newham Council on 020 8430 2900

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Park Estate, Winsor School MUGA, East Ham Manor Way, E6

Air Football (16+)

Tues 7-3pm and Fri 10am-12noon, Memorial Pk, Memorial Ave, E15
Fri 3-5pm, Beckton Powerleague, C5
 Visit www.airfootball.co.uk

Ascension Football Academy

U3 School years Reception to 11yrs, Sat, 10-11-30am King George V Pk, King George Ave, E16
 Call 07905 564 525

Men's Health Football Fitness Sessions

Sat, 10-11am West Ham United Community Training Facility, 80a Altabeers Cts, E5
 Call 020 7473 7224

BASKETBALL

Youth/Inns Basketball

All sessions cost £1
U12s mixed, Sat, 7-3pm East Ham Leisure Centre
U13-14s boys, Mon, 6-8pm, St Angelo's School, E7
Tues 5-30-7-30pm, Newham Leisure Centre
U14s girls, Mon 4-30-6pm, St Angelo's School, E7
Tues 5-30-7-30pm, Newham Leisure Centre
U15-16s boys, Tues, 6-8pm East Ham Leisure Centre
Fri 6-8pm St Angelo's School, E7
U17-18s boys, Tues, 8-9-4pm East Ham Leisure Centre
Thurs 7-8pm St Bonaventure's School, E7
Fri 6-8pm St Angelo's School, E7
 Call 07968 307 607

Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.





Guy Fawkes Night

FREE fireworks display

Sunday 3 November

Wanstead Flats, Centre Road, Forest Gate E7

Gates open: 5.30pm Display: 6.30pm

Event entrances on Centre Road and Dames Road (no access from Lake House Road).

No public parking, limited blue badge parking available. Please use public transport.


You may be searched as a condition of entry. This event takes place on grass.

Dogs, sparklers, personal fireworks, glass bottles and alcohol are NOT allowed on site.

All programming is subject to change. Please check the website for updates.

www.newham.com

 [@NewhamLondon](https://twitter.com/NewhamLondon)

 www.facebook.com/NewhamEvents

In partnership with
the City of London



Mayor of
Newham